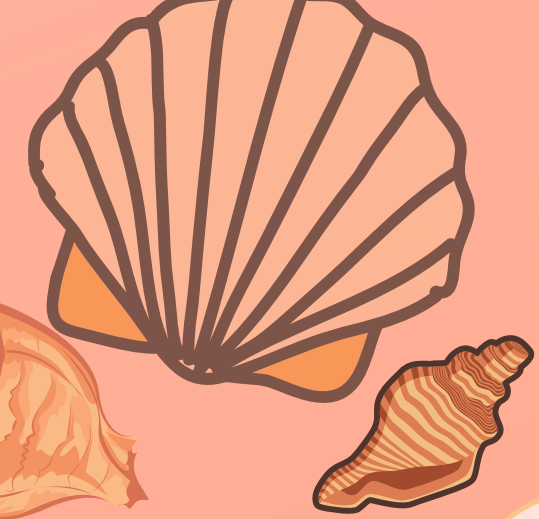




WEEKLY WORKOUT CHALLENGE



BALANCE IN THE BODY IS THE FOUNDATION FOR BALANCE IN LIFE

WED-19	THUR-20	FRI-21	SAT-22	SUN-23	MON-24	TUES-25
30 min cardio OR 15min cardio x2 <ul style="list-style-type: none"> • walk/run • bike/ hike 	30 min cardio OR 15min cardio x2 <ul style="list-style-type: none"> • walk/run • bike/ hike 	30 min cardio OR 15min cardio x2 <ul style="list-style-type: none"> • walk/run • bike/ hike 	Rest	30 min cardio OR 15min cardio x2 <ul style="list-style-type: none"> • walk/run • bike/ hike 	30 min cardio OR 15min cardio x2 <ul style="list-style-type: none"> • walk/run • bike/ hike 	Rest
15 mins Stretch	15 mins Stretch	15 mins Stretch	20 mins Stretch	15 mins Stretch	15 mins Stretch	20 mins Stretch
15 mins Strength	15 mins Strength	15 mins Strength	Rest	15 mins Strength	15 mins Strength	Rest
15 mins Balance	15 mins Balance	15 mins Balance	20 mins Balance	15 mins Balance	15 mins Balance	20 mins Balance
REMINDER: Drink at least 72oz of water	REMINDER: Drink at least 72oz of water	REMINDER: Drink at least 72oz of water	REMINDER: Drink at least 72oz of water	REMINDER TO Drink at least 72oz of water	REMINDER: Drink at least 72oz of water	REMINDER: Drink at least 72oz of water